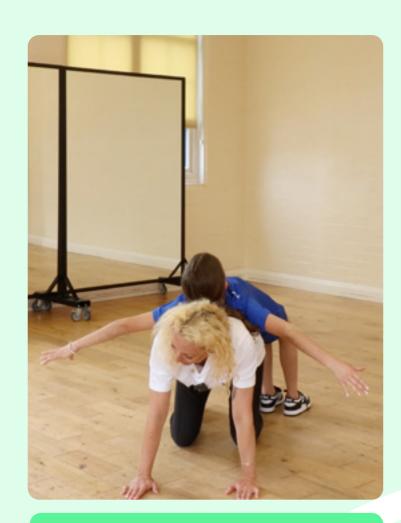
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LIFTS&CONTACT

Contact work in dance is anything that involves two or more dancers using physical touch to lift, support, lean or to express emotion. There are hundreds of ways to use contact work in your choreography, either to explore relationships, tell a story and show emotion or it can be used as just a tool to create some exciting and interesting.



PARTNER ROLL



COUNTERBALANCE



JUMP AND CATCH



PARTNER SPIN

Dance Pathway Dance Performance performance